

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

344h
HOUSEKEEPERS' CHAT

U. S. D.
Friday, December 20, 1935

(FOR BROADCAST USE ONLY)

SUBJECT: "Confections for Children." Approved by the Bureau of Home Economics,
U. S. Department of Agriculture.

--00000--

Before Christmas gets a day nearer let's settle once and for all this question of sweets for the youngsters in the family, since it's a problem that troubles so many mothers. What about candy for small Junior? What about fruit cake, cookies, sweet puddings, etc., for Johnny? Just how much sweet should we allow our Molly? Are some kinds of candy better for children than others? Let's decide these questions before the fond relatives arrive for the holidays and shower the young members of the household with chocolates, hard candies, soft candies, bon bons, and confections of all sorts.

Perhaps you'd like to hear first what our friends the nutritionists have to say about them. They say that sugar is a concentrated fuel food. It is useful chiefly for two purposes -- for producing energy, and for its attractive flavor. But sugar and all foods rich in sugar should go to children in limited amounts. Why? Because sugar can so easily take the place of other foods which children need more in their diet -- foods for health and growth. Most every child has a very large sweet tooth. That's why children are tempted, if they get the chance, to eat sweets in place of the milk, eggs, vegetables, etc., that they need for good health and growth. A child who is allowed as much sugar or candy as he desires can easily become undernourished because the sweets spoil his appetite for other foods. After he has had an adequate meal -- then comes the time for a small amount of a sweet. He will enjoy its pleasant flavor, and it will provide calories in a form quickly used by the body. But if you are interested in your child's appetite and his good nutrition, never give him sweet food either between meals or early in the meal.

Here's a good habit to establish early in a child's life -- this habit of eating sweets only as dessert or immediately after the meal and always in small amounts. It will save both parents and children many difficulties and misunderstandings. And, by the way, sweets served this way may become a very good incentive to encourage the poor eater to clear his plate.

Now, about the suitable sweets for children? Some of the best are confections made from dried fruits. Such sweets have several advantages. First, they contain the natural fruit sugar. Second, they are not so concentrated as sugar candy. Third, they contain many of the minerals, especially iron, that children need. Raisins, dates, prunes, and other dried fruits will make simple and delicious confections. Have you ever tried Parisian sweets? They're easy to make and the youngsters like them. In just a minute I am going to give you a recipe for them.

Then, that old-time favorite, the pop corn ball, or sugared pop corn, or Turkish paste or Turkish delight are also good confections for children. Also on the approved list of sweets for the small are jelly, jam, honey preserves, raw or cooked fruits, cakes, and cookies that are not too sweet or rich in fat, custards, simple puddings, ice cream, and sherbets, all served at the end of the meal and in limited quantities, you know.

If you have a pencil handy now, I'll stop right here and give you the recipe for Parisian sweets, a confection the whole family will enjoy, and an especially good one for the youngsters.

Only four ingredients:

1/2 pound of dried figs,
1/2 pound of dried apricots or seedless raisins,
1/2 pound of nut meats, and
Confectioners' sugar.

I'll repeat those ingredients. (REPEAT)

This is the way you make the sweets. Wash and pick over the fruits. Combine them with the nut meats. Then grind them through the meat chopper, using the medium knife. Now roll the mixture out, about a half inch thick, on a board sprinkled with confectioners sugar. Then cut the mixture in small pieces, roll them in the powdered sugar and store them in a tin box or a tight jar. And that's all there is to that recipe.

That's such a short recipe. Don't you think we can break our custom today and take another very good recipe for children's sweets -- sugared popcorn? Here it is:

1 and 1/2 cups of sugar,
1 cup of water,
1 teaspoon of salt, and
2 quarts of freshly popped corn.

Once more. (REPEAT)

Cook the sugar, water and salt until the sirup forms a soft ball when dropped in cold water -- or until a candy thermometer registers 238 degrees F. Remove from the fire. Beat with a spoon until it is creamy. Drop in the popcorn and stir quickly until each kernel is coated with sugar. Put on a greased platter and separate the grains of corn.

#

